

Do you want to learn more about Army life? Do you want a little break from your kids? Do you want to meet people and be better prepared for change?

**If you answered yes to
any of these questions, AFTB is for you!**

8 September 2006 - Level I

- 1.5 Basic Military Benefits & Entitlements
- 1.6 Intro to Military & Community Resources
- 1.7 Intro to Family Readiness Groups
- 1.8 Support Your Child's Education

22 September 2006 - Level II

- 2.02.3 Conflict Management
- 2.02.6 Group Dynamics
- 2.03.3 Intermediate Problem Solving

13 October 2006 - Level I/II

- 1.9 Intro to Family Financial Readiness
- 1.10 Basic Problem Solving
- 2.01.1 Enhancing Relationship Building

27 October 2006 - Level III

- 3.01.2 Building Self Esteem
- 3.01.3 Personality Traits
- 2.03.1 Adapting to Change

3 November 2006 - Level I

- 1.1 Expectations & Impact on Family Life
- 1.2 Military Acronyms & Terms
- 1.3 Chain of Command & Chain of Concern
- 1.4 Intro to Military Customs & Courtesies

17 November 2006 - Level II

- 2.03.2 Stress Management
- 2.03.4 Time Management
- 2.03.5 Meeting Management

1 December 2006 - Level I

- 1.5 Basic Military Benefits & Entitlements
- 1.6 Intro to Military & Community Resources
- 1.7 Intro to Family Readiness Groups
- 1.8 Support Your Child's Education

15 December 2006 - Level III

- 3.02.5 Group Conflict Management
- 3.02.6 Problem Solving Techniques for Leaders
- 3.04.1 Understanding the Organization of the Total Army

All are invited to attend. Classes are held at Armed Services YMCA 111 E. 16th St. Junction City, Ks. from 11:30am-2:30 pm. You must pre-register by calling 239-9435 and speak to the AFTB Program Manager.